



Safety Tip of the Week

Suicide Prevention in the Construction Industry

We don't often think of mental health as a workplace safety issue, but it is. When workers are struggling, it impacts their health and safety. It may be surprising that the construction industry has one of the highest occupational rates of suicide in the United States. In this industry, in particular, work-related stress has been proven to affect mental well-being, leading to anxiety, depression, substance abuse, and even suicide. The good news is that help is only a phone call away—the toll-free number is 988 for the Suicide and Crisis Lifeline. There are also several organizations in place to help before it is too late.



Risk Factors and Indicators of Suicidality

Risk factors are the underlying conditions in a person's life that put them at risk. These include health issues (mental/physical), environmental exposures (drugs/family problems/guns), and the individual's personal history (past neglect/abuse/suicide attempts). There are many indicators of suicidality, or suicide ideation; these include someone saying that they are going to injure/hurt/kill themselves. All mentions of self-harm should be taken seriously and addressed immediately. Other warning signs include change in behavior (aggression/isolation/fatigue) or mood (depression/irritability/anger).

Mental Health Crisis Lines:

If you are in crisis, there are options available to help you cope. For confidential support 24/7 in the United States, don't hesitate to reach out via phone or chat. English: Call 988 or Chat at 988lifeline.org/chat & Spanish: Call 1-888-628-9454

Changes in behavior, mood, or talking about self-harm can be a cry for help. It takes courage to intervene and not laugh off or ignore what may seem like an employee's personal problems. Companies should be proactive in addressing mental health issues and see it as part of an employees' overall health and safety policy and have resources in place for individuals in crisis. An employee's issues may be deeper than a few comments or off behaviors, and turning a blind eye only leads to trouble.

SHOW COMPASSION...TAKE ACTION!